



Shippensburg Community Resource Guide

Social services and related programs located in Shippensburg, Pennsylvania.

Updated: January 2015

This resource guide was produced by the Shippensburg Community Resource Coalition

Table of Contents

Purpose of the Guide.....	page 3
Clothing Assistance.....	page 4
Domestic Violence and Sexual Assault Services.....	page 4
Drug and Alcohol Services.....	pages 5 - 6
Education.....	pages 6 - 8
Employment/Training/Income.....	page 8
Financial Assistance	page 8
Food Assistance	pages 9 - 11
Grief/Loss	pages 11
Health Care	pages 11 - 12
Housing.....	pages 12 - 14
Mental Health/Behavioral Health/Counseling.....	pages 14 - 15
Prescription Assistance.....	page 15
Transportation.....	page 15 - 16
Utilities Available/Assistance.....	page 16 - 17

Disclaimer

Organizations and programs included in this directory are in no way endorsed by the SCRC or an indication of skills or competence. The SCRC is not responsible for errors or omissions made by participating programs. The SCRC attempted to include all agencies and programs that were known and wished to be included.

Purpose of the Guide

This resource guide was produced by the Shippensburg Community Resource Coalition (SCRC). The SCRC was developed from a group of community stakeholders who explored the need for a homeless shelter in 2009. The Shippensburg Community Resource Coalition is a collaborative effort to provide quality social services and youth programs that are accessible and safe and that recognize the dignity and worth of each person. Our goal is to help community members reach their full potential. This guide was created and developed to make it easier to identify social services that are available in Shippensburg.

The Shippensburg Community Resource Coalition was developed in part because the town of Shippensburg is located in both Cumberland County and Franklin County which can lead to confusion about how and where to access social services. Currently there are no homeless or domestic violence shelters in Shippensburg. These services and many others are available in the neighboring towns of Carlisle and Chambersburg. Both counties have their own guides to social services so this guide focuses on the services that are available in the town of Shippensburg. For additional resources in Cumberland and Franklin Counties please refer to the county websites.

Cumberland County Resource Guide – go to

<http://ccpa.net/index.aspx?NID=229> for the “Beginners Guide to Human Services” and download the document by clicking on the link.

2-1-1 – Contact Help Line - Providing Central Pennsylvania residents of Adams, Cumberland, Dauphin, Franklin & Perry Counties with Free, Confidential Listening, Health and Human Services Information & Referral 24 hours a day, 7 days a week.

To update or add information, please contact the SCRC at (717) 477-9100 or e-mail: swk-scrc@ship.edu

Clothing Assistance

Christ United Methodist Church

47 East King Street, Shippensburg PA 17257
Clothing Bank on Saturday Mornings from 9am-11am
Call for more information – (717) 532-6850
<http://www.christumcshipp.org/>

Trinity Methodist Church

116 W. Main Street Walnut Bottom Rd, Shippensburg PA 17257
Open 2nd and 4th Wednesdays & every Saturday from 9am-12pm
Call for more information – (717) 532-7606
<http://www.trinitywb.org/index.html/>

Domestic Violence/Sexual Assault Services

Domestic Violence Service of Cumberland & Perry Counties

Provides 24 Hour Hotline, 24 Hour Emergency Shelter, Legal advocacy, Medical advocacy, Individual and group counseling, Accompaniment to medical and court related appointments, Community education/prevention programs, Information and referrals
For help contact the 24-hour crisis hotline: 1-800-852-2102
(717) 258-4806, business line
www.dvscp.org/

Sexual Assault/Rape Crisis Services of Cumberland County, YWCA Carlisle

Counseling services available at Katie's Place (130 South Penn St., Shippensburg, PA 17257) or the Women's Center at Shippensburg University (132 Horton Hall) by appointment.
24-hour crisis hotline: (717) 258-4324 or 1-888-727-2877

Women In Need (WIN)

Provides services to individuals who have been affected by domestic or sexual violence. WIN offers the following services to Franklin and Fulton County residents: Advocacy, Counseling, Support Groups, Preventative Education, Legal Advocacy, Medical Advocacy, SART Services, and 24 hour Emergency Shelter and Hotline Services. WIN can meet with individuals in different location if needed by appointment.
(717)264-3056 from 8:30am-4:30pm
(717)264-4444 for the 24 hour Hotline.

Drug and Alcohol Services

Roxbury Treatment Center

601 Roxbury Road Shippensburg, PA 17257

Provides detoxification and inpatient substance abuse treatment intervention as well as outpatient substance abuse services. Accepts most private insurance plans and medical assistance. Some plans require a pre-authorization of payment for services, so it is best to contact the facility first for some direction about how to access their program with insurance as the payment method. Roxbury staff can also be contacted directly for information about how to access these services and are available 24 hours a day.

Call 800-648-4673 for more information

<http://www.roxburyhospital.com/>

The Harbor

55 W King Street Shippensburg, PA 17257

The Harbor is a safe place for community that allows people to hang out without the influences or temptations of alcohol. The Harbor is a place where people can shoot pool, throw darts, sip coffee, and enjoy another's company. The Harbor has been created for the community by the community. Currently social hours are Friday and Saturday evenings from 4:00 PM – 12:00 AM

Call for more information (717)477-2396

<http://www.theharborofshippensburg.com/>

Alcoholics Anonymous (AA) Meetings in Shippensburg

The Harbor

55 W King Street, Shippensburg, PA 17257

Open Meeting (Al-Anon welcome)

Sundays at 6:30pm, Wednesdays at 10:00am, Thursdays at 7:00pm

Unity Group

St. Andrews Episcopal Church

27 N. Prince Street, Shippensburg, PA 17257

Closed Discussion Meeting (Wheelchair Accessible)

Mondays at 8:00pm

Unity Group

1st Church of God Annex

N. Prince and East King Streets

Open Meeting

Fridays at 8:00pm

Co-Dependents Anonymous (CoDA) Meetings in Shippensburg

The Harbor
55 W King Street, Shippensburg, PA 17257
Mondays at 6:30pm

Narcotics Anonymous (NA) Meetings in Shippensburg

The Harbor
55 W King Street, Shippensburg, PA 17257
Tuesdays and Thursdays 8pm

The Truth Will Set You Free Group
25 S. Penn Street, Shippensburg, PA 17257
(Meeting is across the street from Messiah United Methodist Church)
Mondays, Wednesdays, Saturdays, and Sundays 8:00pm
Fridays 12:00pm
Open Discussion Meeting; Non-smoking

Education

Blessing of the Backpacks Event
Provides free pencils, rulers, erasers, backpacks, etc.
Takes place at the end of August
Located at: Memorial Lutheran Church
34 East Orange St, Shippensburg PA 17257
Call (717) 532-4614 between 8am-1pm for more information.
<http://www.memluth.org/>

Boys & Girls Club of Chambersburg & Shippensburg
Providing an after school program for children in grades 1st-12th, we assist with homework, provide a snack, and offer educational programs and activities. It's a safe, fun, and positive place for kids! Membership is only \$10 for 9 months during the school year, with Summer Programs available for an additional charge.

Program Schedule:
2:30pm- 5:30pm Monday - Thursday at Shippensburg Middle School 6th-12th graders
3:15pm – 6:00pm Monday - Friday at Nancy Grayson Elementary School 1st-5th graders

For more information contact: Cressa Coldsmith at (717) 261-5761 or coldsmithc@bgccs.org
<http://www.bgccs.org/>

Hope Reformed Presbyterian Church

123 Walnut Bottom Road, Shippensburg PA 17257

Free GED classes Wednesday evenings at 6pm. Program runs for 12 weeks with dinner served at 6pm and class from 6:30 – 8:30pm.

(717) 532-8998

<http://hopechurchpca.com>

Shippensburg Head Start/Pre-K Counts Program (Preschool)

Administrative office located at Cora I. Grove Spiritual Center, Shippensburg University

Pre-K Counts Program held at Nancy Grayson Elementary and at Newville Elementary

Locations for Shippensburg head Start include Shippensburg University, Carlisle, and Newville

The Shippensburg Head Start/Pre-K Counts Program operates two funded preschool programs. Both programs offer quality preschool experiences to help your child learn the skills they need to be ready and excited for their next school placement.

- Highly qualified teachers, with experience working with young children
- Small class sizes so teachers have lots of time for your child
- A curriculum and learning activities that help your child thrive
- Review of your child's development with teachers to help your child reach his/her promise

Head Start provides additional resources to parents and partners with families to help their preschool child achieve success in learning and life. Offering center base and home based options for child education. Serves children ages 3-5 years old.

No Fee for eligible children; Enrolling children whose family meet federal Income guidelines under 130%

Pre-K Counts children must be kindergarten bound and live in the Shippensburg Area School District or Big Spring School District.

No Fee; Enrolling children whose family meet federal Income guidelines under 300%.

(717) 477-1626 8:00am -4:00pm

<http://www.ship.edu/headstart>

Shippensburg Public Library

73 W. King Street, Shippensburg, PA 17257

Events for children and teens held throughout the year

Free internet access available with library card or photo ID

Free wi-fi

Mon: 9am-9pm

Tue: 12pm-9pm

Wed: 9am-9pm

Thu: 9am-9pm
Fri: 9am-5pm
Sat: 10am-5pm
Sun: Closed
(717) 532-4508
www.shippenburglibrary.org/

Employment/Income/Training

Tri County Community Action (TCCA)
130 S. Penn St., Shippensburg PA 17257
Providing family-based case management services to Shippensburg residents and those residing in the surrounding Cumberland County area. Providing resume and employment guidance, renter education classes, budgeting classes, and the family self-sufficiency program first-time home buyer workshops.
Contact Joanna Joiner, Shippensburg Case Manager at (717) 532-8611
<http://www.cactricounty.org/>

Financial Assistance

Christ Among Neighbors (CAN)
130 S. Penn Street, Shippensburg, PA 17257
Serves Shippensburg Area School District and the Village of Walnut Bottom
Primary assistance provided for utility and rent needs, with all other financial needs considered. Interviews are held every Saturday from 9AM-10AM.
Call for more information – (717) 532-7577

Cumberland County Assistance Office
33 Westminster Drive, Carlisle, PA 17013-0599
(SNAP, Cash Assistance, Medical Assistance, LIHEAP, etc.)
(717) 240-2700 or 800-269-0173
www.compass.state.pa.us

Franklin County Assistance Office (Welfare Office)
620 Norland Avenue, Chambersburg, PA 17201
(SNAP, Cash Assistance, Medical Assistance, LIHEAP, etc.)
(717) 264-6121 or 877-289-9177
LIHEAP: 717-262-6579
www.compass.state.pa.us

Food Assistance

Christ United Methodist Church

47 East King Street, Shippensburg PA 17257

Breakfast on Saturday mornings from 9am-11am

2nd, 4th, and 5th Thursday of each month provides a free meal; Doors open at 5pm and begin serving dinner at 5:30pm. They also have a water ministry from May-August, with free water available on the steps of the church.

(717) 532-6850

<http://www.christumcshipp.org/>

Grace United Church of Christ

121 E. Orange Street, Shippensburg PA 17257

Free Dinner served on the 3rd Monday of the month beginning at 5:30.

Call for more information – (717) 532-6221

King's Kettle Food Pantry

30 North Fayette St., Shippensburg, PA 17257

First 3 Tuesdays of the month, 5pm - 6 PM

(717) 530-9200

Meals on Wheels

Providing a prepared Noon meal delivered Monday – Friday each week.

Service available to homebound residents in the Shippensburg Area.

Charge is \$4.50 charge per meal, unless qualified for free meals.

Contact Joellen at (717) 532-3592 to determine eligibility.

Memorial Lutheran Church

34 East Orange St, Shippensburg PA 17257

Provides free lunch at Noon on the 1st Sunday of the month (October – June)

(717) 532-4614

<http://www.memluth.org/>

Messiah United Methodist Church

30 S. Penn Street, Shippensburg, PA 17257 - (Enter through door off of the rear parking lot)

Provides a free family style community dinner on the 2nd and 4th Tuesdays of the month, beginning at 5:30pm.

(717) 532-4904

Oasis of Love

303 South Washington Street, Shippensburg PA 17257

Mondays & Thursdays 11am-12pm provides baked goods and bread to those in need.

Free Emergency Food Boxes given out on Saturdays (please call ahead)

(717) 532-5112

<http://www.oasisoflove.net/>

Premier Events – Catering to You program

429 East Orange Street, Shippensburg, PA 17257

Catering to You is a daily individual meal service provided by Premier Events Monday through Thursday. Meals are homemade and prepared fresh each day. Limited local delivery is available or meals can be picked up at Premier Events at lunch-time. \$7.50 charge per meal. Orders should be placed by 9am. Daily menu can be viewed on the website:

<http://www.premiereventsllc.com/id5.html>

(717) 532-2279

Prince Street Church of the United Brethren in Christ

20 N. Prince Street, Shippensburg, PA 17257

Free community dinner the 1st and 3rd Thursdays of the month in the Fellowship Hall beginning at 5:30pm

(717) 532-8404

www.princestreetchurch.com

Shippensburg Church of the Brethren

253 East Garfield Street, Shippensburg, PA 17257

Free evening meal every Wednesday beginning at 5:30pm

(717) 532-6526

<http://www.shipcob.org/>

Shippensburg First Church of God

5 North Prince Street, Shippensburg PA 17257

“Kitchen of Grace” Located in the Annex Building.

Serving a free meal, every Friday from 3:30pm-6pm, to anyone in the community that would like to attend. Meal can be dine in or take-out.

Call for more information (717) 532-8421

<http://www.shipfcog.org/>

Shippensburg Produce and Outreach (SPO)

130 S. Penn Street, Shippensburg, PA 17257

SPO distributes every Tuesday from 4-6pm providing healthy, perishable food items to residents in the Shippensburg Area School District that meet income guidelines.

Commodity Supplemental Food Program (CSFP) distributes to eligible seniors on the 3rd & 4th Tuesday of each month.

(717)477-9100

email: director@shipout.org

Women, Infants and Children Program (W.I.C.)

Serves to safeguard the health of low-income pregnant, postpartum, and breastfeeding women, infants, and children up to age 5 by providing nutritious foods, information on healthy eating including breastfeeding promotion and support, and referrals to health care.

<http://www.pawic.com/>

To join the Women, Infants and Children (W.I.C.) Program in Cumberland County you must contact The Family Health Council of Central PA. The Cumberland County W.I.C Program is in Shippensburg only for follow-up appointments once a month at the Grace United Church of Christ. 121 East Orange Street, Shippensburg PA 17257.

First Tuesday, 8am-3:30pm

(717) 243-0523

<http://www.fhccp.org/>

To join the Women, Infants and Children (W.I.C.) Program in Franklin County you must contact South Central Community Action Programs.

(717) 263-0802

<http://www.pawic.com/>

Grief/Loss

Drew Michael Taylor Foundation

Providing grief education and support programs. Programs include:

- Drew's Hope, a free seven-session grief support program for children, teens, and families grieving the death of a loved one offered each spring and fall at Shippensburg University and at the Greencastle Antrim Middle School
- Bereaved Parents Support Group
- Bereaved Spouse Support Group

For more information, visit the DMTF website at www.drewmichaeltaylor.org or contact Marcie Taylor at 532-8922 or drewmichaeltaylor@pa.net to register.

Health Care

Grace United Church of Christ

121 East Orange Street, Shippensburg PA 17257

Well Baby Clinic (State Vaccination Clinic) 1st Tuesday of Each Month, 9am-12pm

Immunizations & Physicals, Must make an appointment.

To schedule an appointment contact (717) 243-5151

For additional information contact (717) 532-6221, <http://church-of-christ.org/>

P.M.I., Pregnancy Resource Center

20 E. Burd St., Shippensburg PA 17257

Offers free services for the following: Pregnancy tests, S.T.D. testing (Chlamydia & Gonorrhea), and ongoing support services. Can also provide referrals for a first trimester ultrasound, call for more information.

717-532-4446

<http://pmipregnancycenter.org>

Shippensburg Community Nurse

126 King Street, Shippensburg PA 17257

Free in-home nursing assessment, medication management, and procedures not covered by insurance.

Any person 18 and older living in the greater Shippensburg area qualifies; patients must have a primary care provider.

Call for more information - (717) 530-7900 fax: (717) 530-0007

<http://www.shippensburgcivicclub.com/nurse.html>

Shippensburg Family and Walk-In Care

Shippensburg Medical Campus 46 Walnut Bottom Road, Shippensburg, PA 17257

Family Care Hours: Monday & Wednesday 7 a.m. - 7 p.m., Tuesday, Thursday, & Friday 7 a.m. - 5 p.m.

Walk-in Care Center Hours: Monday - Friday 9 a.m. - 7 p.m., Saturday, Sunday & Holidays 9 a.m. - 5 p.m.

Private insurance, Medical Assistance, self-pay

Call for more information (717) 532-4148

<http://www.summithealth.org/services/walk-care/shippensburg-family-walk-care>

Housing

Call for information about availability and waiting lists

Chateau Terrace Apartments

304 N. Fayette Street, Shippensburg PA 17257

(717) 532-7991

Cottages of Shippensburg

300 Dwelling Court, Shippensburg PA 17257

This community offers spacious, two bedroom, one bath homes for seniors age 55 years and over.

1-877-917-0017

<http://cottagesofshippensburg.com/>

Deerfield Commons

100 Deerfield Commons, Shippensburg PA 17257

(717) 530-5111

<http://www.deerfield-commons.com/>

Episcopal Square

101 N. Prince St., Shippensburg PA 17257

Provides one bedroom & efficiency housing to low income elderly & disabled persons

(717) 530-1277

Harvest Square

300 Dwelling Court, Shippensburg PA 17257

Must meet income guidelines.

(717) 532-3444

<http://harvestsquare.net/>

New Visions (Mental Health Residential Facility)

138 E. King Street, Shippensburg, PA 17257

(717) 477-2153

<http://www.new-visions.org/services/index.html>

Raystown Crossing Apartments

1000 Raystown Circle, Shippensburg PA 17257

Must meet income guidelines for 2, 3, or 4 bedroom.

(717) 530-1341

Roxbury Ridge Apartments

100 Meadow Drive, Shippensburg PA 17257

(717) 532-9425

<http://www.rentcafe.com/apartments/pa/shippensburg/roxbury-ridge-apartments/index.aspx>

Shippen House Apartments

19 Hollar Ave., Shippensburg PA, 17257

1 & 2 bedroom apartments for ages 62 and over

(717) 532-7885

<http://shippenhouseapartments.com/>

Village of Timber Hill

100 Timber Lane, Shippensburg PA 17257
1 bedroom apartments, 2 & 3 bedroom townhouses.
(717) 532-7991

<http://www.rentcafe.com/apartments/pa/shippensburg/village-of-timber-hill/index.aspx>

Mental Health/Behavioral Health/Counseling

Cumberland Franklin Counseling Services

9076 Possum Hollow Road, Shippensburg, PA 17257
Individual, Family, and Couples Counseling for Children, Adolescents, and Adults.
Day and Evening appointments available. Most insurance accepted.
(717) 532-2196

Growing Edges Community Counseling Clinic

Shippensburg University
1st Floor, Shippen Hall 110C, Shippensburg, PA 17257
Provides no fee outpatient services to community members. Counselors are advanced level Graduate Students in the Department of Counseling and College Student Personnel at Shippensburg University. Scheduled by appointment only.
(717) 477-1248 or email growingedges@ship.edu
http://www.ship.edu/Growing_Edges/

Naugle Counseling Services

119 Lurgan Avenue, Suite B, Shippensburg, PA 17257
Individual and group therapy sessions. All individual sessions are 50 minutes, all group sessions are 90 minutes. Payment is expected at the time of service (Cash, checks, money orders, credit/debit cards accepted). Office hours by appointment.
For more information - (717) 729-3895 or email lory@nauglecounseling.com
<http://www.nauglecounseling.com/>

New Visions

Provides residential and social rehabilitation services for adults with chronic mental illness in Cumberland, Franklin, Fulton and Perry Counties. Services include: Specialized Community Residence, Community Residential Rehabilitation Services, Supportive Living, Fairweather Lodge, Social Rehabilitation and Drop-In Center Services.
For more information – (717) 477-2153
<http://www.new-visions.org/services/index.html>

Roxbury Treatment Center

601 Roxbury Road, Shippensburg PA 17257
Roxbury's inpatient psychiatric program provides acute psychiatric stabilization, along with the capability and expertise to treat those who have co-occurring substance abuse needs. The co-occurring disorder programming includes psychiatric stabilization, detoxification from any

substance, 12-step programming, and referrals for additional treatment as needed. Addressing both substance abuse and mental health issues at the same time has proven to be therapeutically beneficial for patients.

800-648-4673

<http://www.roxburyhospital.com/>

Valley Counseling and Consulting

114 Pugh Drive, Shippensburg, PA 17257

Individual, family and relationship counseling. All ages, 12 and under with adult participation.

Day & evening appointments available.

For more information - (717) 532-7338

Prescription Assistance

Target, WalMart, Sam's Club & Wegman's

\$4 Prescriptions

See if your medication qualifies by checking the lists at

www.target.com, www.walmart.com, www.samclub.com, www.wegmans.com

Transportation

CAT System from Wal-Mart

<http://www.cattransit.com/routes-schedules/>

Capital Area Transit operates a bus service that leaves the Shippensburg Wal-Mart for the Harrisburg Transportation Center (Amtrak Train Station) Monday - Friday, except on State and Federal holidays. The one-way adult fare is approximately \$2.95 (Exact change is required).

- Leave Walmart 5:40 a.m.; Arrive Harrisburg 6:50 a.m.
- Leave Walmart 6:40 a.m.; Arrive Harrisburg 7:50 a.m.
- Leave Walmart 5:00 p.m.; Arrive Harrisburg 6:00 p.m.

Harrisburg to Shippensburg: Leave the Market Square Transfer Center in Harrisburg for the Shippensburg Wal-Mart Monday thru Friday, except State and Federal holidays. The same fares as above apply.

- Leave Harrisburg 3:35 p.m.; Arrive Walmart 4:49 p.m.
- Leave Harrisburg 4:05 p.m.; Arrive Walmart 5:19 p.m.
- Leave Harrisburg 4:36 p.m.; Arrive Walmart 5:50 p.m.

<http://www.cattransit.com/routes-schedules/>

Raider Regional Transit

A local bus system serving the Shippensburg University and the Shippensburg community. For additional information – (717) 530-8891

- Free to Shippensburg University students and employees with student ID.
- Free to senior citizens with Commonwealth ID card. To obtain an ID contact the Raider Regional Transit office at 530-8891 or Rep. Rob Kauffman's office at 532-1707
- \$1.25 for each one-way trip.
- Children age five and under may ride free with a fare-paying adult.

County Transportation for medical appointments for those on medical assistance – see relevant county website for more information.

<http://www.ship.edu/rrt/>

Cumberland County Transportation

(717)-240-6340

800-315-2546

Transportation service is provided Monday-Friday, 8:00am-4:00pm

<http://www.ccpa.net/index.aspx?nid=127>

Franklin County Transportation

717-264-5225

Transportation service is provided Monday through Friday

<http://www.franklincountypa.gov/Pages/Transportation.aspx>

Utilities Available/Assistance

Low-Income Home Energy Assistance Program (LIHEAP)

(Winter months only)

Based on income, assists with source of heat only

866-857-7095

www.compass.state.pa.us

Pennsylvania Customer Assistance Program (P.C.A.P.)

A program for low income customers of Penelec only.

888-282-6816

PPL Electric: On-Track Program

1515 Derry Street, Harrisburg PA

A program assisting families at 150% poverty guidelines to lower their monthly bill payments and debt forgiveness.

(717) 232-9757

Project Helping Hands

This program serves customers of Adam's Electric within the Shippensburg Area School District. Customers with past due or shut off notices can receive up to \$200 once a year, if they meet program requirements. Call the South Central Community Action Programs Emergency Services Department for more information.

(717) 263-5060 ext. 252

<http://www.adamsec.com/>

<http://sccap.org>

Public Utility Commission (conservation tips and resources)

1-800-692-7380

www.puc.state.pa.us

Warm Energy Conservation Program

For Met-Ed/Penelec customers to help save energy and money by reducing their energy consumption. This is done by installing energy-saving home improvements in the home and by educating family members on ways to lower their electric usage.

https://www.firstenergycorp.com/content/customer/save_energy/save_energy_pennsylvania/met_ed/for_your_home/warm_energy-savinghomeimprovementsforlowincomecustomers.html